



Could my Child benefit from Counseling?

Every child is unique. Reactions to stress can vary from child to child and family to family. Safe, stable adults are the best resource children have in overcoming any type of upset.

While all children show some of the signs listed below, what is important is **HOW LONG** they last and how **INTENSE** these symptoms are. The following is a list of possible symptoms that you may notice in your child:

- Sadness
- Grouchy or crabby
- Defiant
- Low energy, low motivation, fatigue
- Swinging emotions
- Highly sensitive
- Excessive crying
- Withdrawal from activities child typically enjoys, aggressive or consistent negative play, themes in play that recreate scary events
- Changes in eating and sleeping
- Poor coping skills
- Not being able to concentrate
- Unexplained physical aches and pains (headaches, stomachaches)
- Nightmares
- Avoidance of places or people that may remind the child of fearful experiences
- Startle responses to stimulus, e.g. loud noises, scenes on tv shows

Should any of these (or any other behaviors or reactions that are not typical for your child) persist for several weeks, it might be time to check them out with a pediatrician or consider a few visits with a counselor.

Since March 2020, Community Services provides online teletherapy counseling services for Stratford youth and their families that is both confidential and safe. For more information or to schedule a teletherapy appointment, call 203-385-4095.